

Gokyo and Chol La pass EBC Trek -Everest Region,



Introduction

16 days -Gokyo with **Chol La pass and Everest base camp treks** is one of the amazing Himalayan adventures journeys in your life. it is unexpected beauty and nature adventure trip, This is the part of the planet of the **highest mountains** in the world. It is a part the Planet of the famous **Sherpa people** as well as, to what they consider to be lurking in the mountains – the mysterious yeti! You may not see a yeti on this trek, but what you will see is the **Mt. Everest region** at its finest. Here the cobalt-blue skies of the Himalayas are pierced by blinding white, snow-capped peaks towering above 8,000 meters. While Mt. Everest is the crown jewel of the peaks at 8,848 meters, there are other equally impressive 8,000+ in the region, including Makalu, Lhotse, and Cho Oyo. Even the lower peaks that surround these incredible mountains are still taller than most mountain ranges on Earth. This is a 21-day trek, taking you across high alpine mountain passes. There are beautiful blue remote mountain lakes that reflect the snowcapped peaks in its calm surfaces. You will pass through dense forests of birch, **rhododendron**, juniper, and pine while watching monkeys swinging from tree to tree. In these mountains, there are many varieties of deer, lynx and even snow leopards along with blue sheep.

You will have close up views of **incredible glaciers** as you cross swinging **suspension bridges** on the way to ancient Buddhist monasteries hidden deep in the **mountains**. There are picturesque villages with their terraced farms that have sustained these hearty mountain people for centuries. This trip will take you by the six holy lakes of the **Gokyo region**, a remote place where it will seem like time has stood still over the centuries. All along the way, see the finest close-up views of **Mt. Everest** itself. It is 21 incredible days. The nights are spent in local tea houses where you will be able to meet the local people and spend time with them. Your presence helps to boost their fragile local economy while enjoying the mountain hospitality. This trip is moderately difficult, but while it has its strenuous moments, it also rewards you with great views as well as an experience of a lifetime.

Why not trek this year the **Gokyo and Chol La Pass Trek**. Your representative at **Nepal Planet Treks & Expedition** can put together the most incredible experience of your life as you explore the roof of the

world!

Trip Facts

Trip Duration	16
Trip Grade:	Moderate to fairly hard
Best Season	Sept - Nov & Mar - May
Per Day Hiking:	5-7 hrs
Elevation	5545m
Accommodation	Tea House
Group Size	1-15 PAX
Trip Start	Kathmandu-Kathmandu
Trip End	Lukla
Fix Departure	March,18,25,30 April 19, 25,May 12,16,27,Oct, May 16,22,,28,30, Nov,03,12,25,

Itinerary Details

Day 01 : Arrival in Kathmandu

Arrival day - meet in an international airport Kathmandu and drive to Hotel check-in room be fresh and evening walk around the near Hotel then dinner overnight Hotel, Our hotel is mean tourist sport near the Hotel.

Day 02 : Fly to Lukla (2800 m) and trek to Phakding (2810 m)

Early in the morning flight to Lukla and It takes about half an hour flight to reach Tenzing Hillary airport Lukla. Lukla is a small city in the lap of High Mountain. It is commence point of our trek. We trek towards Phakding. On the way we can see Mt.Nupla and Kusum Kangru, overnight stay in Phakding.

Day 03 : Trek to Namche (3440 m)

We have to cross Sherpa villages and forests of rhododendron tress, Magnoli tress and firs to reach Namche. Namche Bazaar is a beautiful village, which is the comfortable for stay and we can see beautiful views from here, overnight stay in Namche.

Day 04 : Namche acclimatization (Hike to Syangboche (3900 m), Khumjung & Khude

After Breakfast, we will spend another day in Namche Bazaar and an acclimatization hike to Syangboche, Khumjung, and Khude from where we can see close view of Mt. Everest from Everest

views hotel and you can also observe the culture of Sherpa people, maybe we have lunch around Khumjung, or Khude village and back to Namche village, overnight Namche.

Day 05 : Trek to Tengboche (3879 m)

Today we trek towards Tengboche from Namche Bazaar. Tengboche is the best place of the world that provides the most magnificent view of the Himalayan giants, Kwangde (6187m.), Twachee (6542m.), Amadablam (6812m), Everest (8848m.), Nuptse (7879m), Lhotse (8501m.), Kangtega and Thamserku. In Tengboche We can also visit Buddhist Monastery, which is the largest Monastery of Khumbu.

Day 06 : Trek to Dingboche (4410 m)

Our trail goes through Imjasta River and forests of rhododendron and we also have to pass through villages and Mani walls. The views are great from Dingboche. From here you can see Island Peak, Makalu and another face Amadablam. Dingboche is the beautiful village where you can see crops of barley, buckwheat and Potato.

Day 07 : Dingboche - acclimatization day - Hike to Nangakarshang (5010 m)

Today is acclimatization day in Dingboche. We hike to Nangakarshang Gompa from where we can see the view of Mt. Makalu.

Day 08 : Trek to Lobuche (4930 m)

Our trail continuously goes through high alpine region. We can see the panoramic view of Nuptse, Loboche, Pumari, Cholatse. On the way we have to pass through Pheriche, which offer the beautiful view of Mountains. On the way we can also see monuments of climbers, who gave their life while trekking around in this region.

Day 09 : Trek to Everest base camp (5360 m) and stay at Gorakshep (5160 m)

Today first of our entire trek goes to Gorakshep where we spend one night today. Our trail goes to Everest Base Camp. The trail offers beautiful mountains view of Mt. Nuptse, Mt. Pumari and Mt. Everest. Our trail continuously goes through snowy mountains. After reaching Everest Base Camp our trail back towards Gorakshep, overnight stay in Gorakshep.

Day 10 : Trek to Kalapathar (5545 m) and stay at Lobuche (4930 m)

In the morning we trek towards Kalapathar. After reaching top of Kalapathar (small rocky peak) you can see the panoramic view of Mt. Everest, which is very beautiful to see. You can take beautiful pictures of scenery over there. Then we walk towards Lobuche, overnight stay in Lobuche

Day 11 : Trek to Dzongla (4843 m)

Today you trek towards Dzongla, which takes about 6 hrs and you can have a dinner in Dzongla, overnight stay in Dzongla.

Day 12 : Cross Chola Pass (5420 m) and stay at Taknak (3879 m)

Trek from Dzongla to chola pass. We have to walk through Glacier, which may be enjoyable for you, but the way is little bit difficult from Chola pass to Taknak, overnight stay in Taknak.

Day 13 : Trek to Gokyo (4750 m)

Our trail goes towards beautiful Gokyo valley where you can see the beautiful view of lake.

Day 14 : Hike to Gokyo Peak (5350 m) stay at Mochhermo (4410m)

Early in the morning we hike towards the Gokyo peak, which is in the top. From Gokyo RI we can see fascinating view of Himalayans of Khumbu region like Mt. Everest, Makalu, Nuptse, Lhotse etc, overnight in Mochhermo.

Day 15 : Trek to Namche Bazaar (3790m)

Our trail goes passing through Imja Khola Bridge. It is the easy walk trail, which goes downward towards Namche Bazaar. overnight there.

Day 16 : Trek to Lukla (2800 m)

Today is the last day of our trekking and it is the short easy trekking way. We have lunch in lodge, overnight stay in Lukla.

Day 17 : Fly to Kathmandu

Fly back towards Kathmandu.

Day 18 : Departure from Kathmandu**Cost Includes**

- Airport / Hotel / Airport pick up & drop by private car or van. It is depend of the group.
- 3 nights accommodation in 3 star category hotel in Kathmandu located tourist center, or up to you.
- Meals on full board (Breakfast, lunch and dinner) during the in trekking.
- Local fresh fruits like orange, apple, banana and grape etc.
- All accommodations during the trek.
- Everest trekking map.
- Both ways domestic flight from Kathmandu/ Lukla/ Kathmandu with airport tax.
- An experienced Government licensed holder guide and porter to carry your luggage during the trek.
- Food, drinks, accommodation, insurance, salary, equipments, transportation, local tax for Guide and porter
- Group medical supplies (first aid kit will be available).
- If you need we will provide you sleeping bag, down jackets, Duffle bag and, if necessary etc.



- All necessary Government paper works and national park entry permits and TIMS Card etc.
- Travel & Rescue arrangement.
- All government taxes and Vat.

Cost Excludes

- Meals yourself Kathmandu (L+D).
- our Travel insurance.
- International airfare.
- Nepal entry visa (You can obtain a visa easily upon your arrival at Nepal's Airport in Kathmandu).
- All kind drinks (Alcoholic, hot and cold drinks)
- Personal shopping and laundry etc.
- Personal trekking Equipments.
- Tips for trekking staff and driver. (Tipping is expected, but it is not mandatory)
- If do any tour and sightseeing and other activities etc.